



Four Tenets of Emergency Preparedness

Make a Plan

- Protective actions for: earthquake, house fire, lightning, flood, active shooter, etc.
- Shelter plans: It's often safest to shelter at home
- Evacuation plans: take kits, create "grab-list", evacuation to-do list (lights off, secure house, etc.), mark evacuation routes on map
- Communication plans: get emergency information and communicate with family, out-of-state emergency contact, primary emergency meeting place outside the home, secondary meeting place outside neighborhood
- Copies of important info in emergency kits, vehicles, at work, at home, in wallet or purse
- Shelter-in-Place (SIP) plan: Room with plastic sheeting and duct tape

Get a Kit

- Disaster supply kits
- Vehicle emergency kits
- Work and school emergency kits
- Infant emergency kits
- Pet emergency kits

- Prioritized evacuation grab list
- Everyday carry kit

Be Informed

- What hazards are in your neighborhood?
- Learn how to prepare for, and what to do in, different emergencies
- Learn about hazard insurance
- BeReadyUtah.gov
- [Twitter/Facebook: @BeReadyUtah](https://twitter.com/BeReadyUtah)
- ready.gov
- cdc.gov
- extension.usu.edu
- dem.utah.gov
- FloodFacts.utah.gov
- [KBYU 20 to Ready](http://KBYU20toReady.org)
- weather.gov
- RedCross.org

Get Involved

- [Anytime is a good time to talk about emergency preparedness](#). Reach out to family, friends, neighbors, co-workers
- Social media: #PrepareAndShare
- Volunteer at work, school, and in your community
- Donate responsibly to disaster relief
- [CERT](#)

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For more preparedness information: BeReadyUtah.gov





Twelve Areas of Emergency Preparedness

Shelter, Clothing, and Fire: You can only last three to four hours in extreme conditions without adequate shelter. Learn how to maintain your body temperature in hot or cold environments. Learn what to do to keep your home warm or cool if the power is out. Learn what clothing to wear and how to wear it to maintain normal body temperature. Learn how to start a fire using different ignition sources and different fuels, in different conditions. (See BeReadyUtah.gov brochure "[Sheltering](#)")

Water: You can only last three to four days without clean drinking water. Store a MINIMUM of one gallon per person per day, for a MINIMUM of 14 days (14 gallons each person). Store in clean, HDPE containers or clean two-liter soda pop bottles. Do not store in milk jugs. Learn how to treat questionable water: 1. Start with the cleanest water you can find 2. Pre-filter to remove large particles 3. Filter with a commercial filter to remove chemicals, sediments, larger microorganisms, and heavy metals 4. Purify to kill any remaining microorganisms by boiling for three minutes or using eight drops of unscented bleach per gallon. (See BeReadyUtah.gov brochure "[Water Storage](#)")

Food: You can last up to three or four weeks without proper nutrition. Eat what you store to promote rotation and eliminate waste. Store what you eat so your body is used to the food and you know your household members will eat it. Plan your storage around a balanced diet. Start with a three day supply in your disaster supply kit and work towards a goal of a MINIMUM three month supply for each member of the household. Store it in cool, dark, and dry conditions to maintain shelf life.

Hygiene and Sanitation: Maintain your health by keeping your body, family, immediate environment, and your neighborhood clean. Know how to set up a hand washing station. Build a porta-potty kit and learn how to safely use it. Learn how to minimize water usage and maintain cleanliness. (See BeReadyUtah.gov brochure "[Hygiene and Sanitation](#)")

Light and Power: Know when and how to safely shut off electricity, gas, and water at your house. Keep a working flashlight next to your bed. Store and rotate batteries. Keep extra phone chargers in emergency kits, at work, in vehicles, etc. Know how to safely use a generator. Never run a generator indoors or near a door or window. Only use gas heaters with proper ventilation.

First Aid: Become first aid certified and maintain certification. If you see a first aid situation: 1. CHECK the environment for additional hazards and the victim for injuries. 2. CALL 911 to report the location and nature of the emergency. 3. CARE for the victim according to, and within your, training. Keep a supply of first aid materials at home, in emergency kits, and in vehicles.

Communication: Communication is often the first thing lost in an emergency. Accurate information allows you to make informed decisions. Learn sources of emergency information: Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA weather radio, social media. Learn emergency signaling. A whistle takes less energy and can be heard much further away than shouting. (See BeReadyUtah.gov brochure "[Emergency Communications](#)")

Safety and Security: Perform a safety check on your home. (See BeReadyUtah.gov brochure "[Home Hazard Hunt](#)"). Check batteries in smoke detectors every month and replace them every six months. Be situationally aware of your surroundings. Consider learning a form of self defense.

Tools and Personal Items: Have an assortment of hand tools, equipment, and other supplies that will be useful in an emergency situation. Add personal items to your emergency supplies according to needs and abilities (eg. glasses, contacts, hearing aid supplies, infant needs, access and functional needs supplies, elderly supplies, special medications and equipment).

Cooking: Learn alternative ways of safely cooking and preparing food when standard methods are unavailable. Learn how to safely store and use cooking fuels like charcoal, propane, or wood. Save fuel by using solar cookers. Learn how to build your own cooking equipment. (See BeReadyUtah.gov brochures "[Coffee Can Stove](#)", "[Reflective Box Oven](#)", "[Soda Can Stove](#)", and "[Solar Oven](#)")

Important Documents and Money: Have printed copies of documents for identification and reference during an emergency and to help in post-emergency recovery. Update information every six months. Keep a minimum of \$200 in small bills in emergency kits. Build an emergency financial reserve and work on getting out of debt. (See BeReadyUtah.gov brochure "[Important Documents](#)")

Transportation: Keep your vehicle gas tank at least half full. Keep a comfortable pair of walking shoes in emergency kits and at work. If you have access and functional needs or know someone who does, have a plan with friends or family to help with transportation issues in the event of an emergency.

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